

All Saints Academy Lunch Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Jerk Chicken Thighs W,F,S	Beef Pasta Bake or Tuna Pasta Bake M,F,E	Roast Chicken with Gravy W	Beef & Vegetable Curry W F G	Hot Dog (PORK) W,F
Veggie Mains	Vegetable, Bean and Cheese Burrito W,F	Vegetable Pasta Bake F,M,E	Vegetable Moussaka F,M	Vegetable Curry G	Quorn Hot Dogs F E
Sides	Steamed Rice & Peas Sweetcorn Mixed Salad Coleslaw M	Cauliflower Salad	Roast potatoes Broccoli Salad	Steamed Rice Green Beans Salad	Chips, Peas, & Salad
Jackets & Pasta	Served Daily with Tuna, Beans or Cheese				
Hot Sweets	Marble Sponge with custard M,E,W	Chocolate Sponge with Chocolate Custard E,M,F	Cherry Cheesecake M W	Vanilla Sponge with Custard N,E,M	Mixed Fruit Crumble with Custard M,W F
Cold	Yoghurts, Jelly or fresh fruits served daily				

Key:

W – Wheat
E – Egg
G – Gluten
M – Milk

Cm – Coconut Milk
S – Soya
C – Celery
F – Flour

Mu – Mustard
N – Nuts
Fi – Fish
Mayonnaise contains Mustard, Eggs, Milk